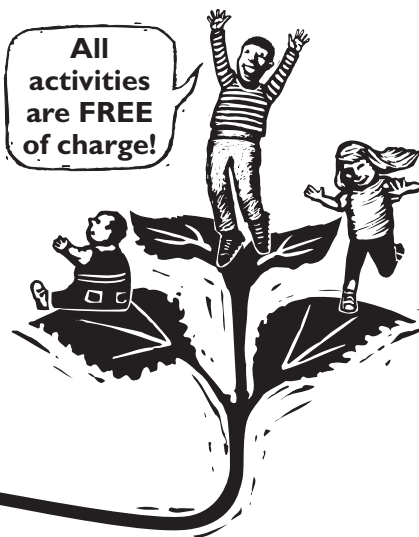


# Growing Healthy Families

Rutland District Office, Vermont Department of Health  
300 Asa Bloomer State Office Building • Rutland, Vermont 05701  
1-802-786-5811 or 1-888-253-8802

All  
activities  
are **FREE**  
of charge!



Spring 2010

## What's Cooking Rutland



Looking for some cooking tips? Check out Rutland's own monthly cooking show! "What's Cooking Rutland" airs on Channel 15, Public Access TV in Rutland, and is now sponsored by Rutland's Nutrition Coalition. Monthly shows cover topics such as: *After School Snacks with Kids in the Kitchen*, *Shopping and Cooking on a Budget* and *Using your Farmer's Market Produce*. Check out the PegTV Website [www.pegtv.com](http://www.pegtv.com) for the weekly schedule. What's Cooking Rutland typically airs for 30 minutes on Mondays at 5:00 p.m., Tuesdays at 1:30 p.m. and Fridays at 8:30 p.m.

## Calling all little leprechauns!



Wednesday, March 17

10:00–11:00 a.m.

300 Asa Bloomer Building, 4th floor  
Rutland

Did you know little leprechauns like to laugh and dance? Well, so do little lads and lassies. Bring your lads and lassies (children) to our St. Patrick's Day celebration and let them burn off that extra energy by dancing the Irish jig. Like last year our celebration will include dancing, creating music with our musical instruments, shamrock hop-a-long, and healthy green snacks. We will complete our activities with a calming story time. For more information call Jill at 786-5111.

## Growing gardens

Friday, May 21

9:30–11:00 a.m.

Depot Park, Rutland

Rain location:

300 Asa Bloomer Building, 1st floor



Spring is just around the corner! That means it's time to start planning our gardens. Join your WIC team to plant seeds and learn about growing your own garden. A master gardener will be there to share information with families and answer your questions. A beautiful and delicious garden is something you will enjoy all summer long. For more information call Jill at 786-5111.

